

What is a Stroke?

A stroke happens when the blood and oxygen supply to part of the brain is cut off. Depending on where in the brain the stroke happens it can affect a person's ability to walk, talk, feel, think and see.

Every stroke is a medical emergency. Look for the symptoms of stroke to get help.



Two Major Types of Stroke

Ischemic— Ischemic stroke happens when blood flow to the brain is blocked. This is the most common type of stroke.

Hemorrhagic— Hemorrhagic stroke happens when a blood vessel in the brain bursts and bleeds in the brain.

Lower Your Risk of Stroke

Take steps today to help prevent a stroke.

- Eat a healthy diet
 - Eat more fruits and vegetables
 - Avoid saturated fats
 - Lower your sodium intake
- Increase your physical activity
 - Take walk breaks throughout the day
 - Do something you enjoy like bicycling, Zumba or gardening



- Limit alcohol use
 - Excessive alcohol use puts health at risk
- Stop smoking or using other tobacco products
 - Visit [yesquit.org](https://www.yesquit.org) for tools to help you quit
- Take steps to control high blood pressure
 - Know your blood pressure numbers
 - Take medication as your doctor or pharmacist says
 - Ask your doctor or pharmacist about steps you can take to manage your blood pressure

Risk Factors of Stroke

- High blood pressure/hypertension
- High cholesterol
- Diabetes
- Heart disease
- Smoking
- Lack of physical activity
- Obesity/overweight
- Heart palpitations
- Sickle cell disease

Helpful Information

Learn more about stroke signs and symptoms:
<https://dshs.texas.gov/heart/>

